

THE WHISPERING SOUL

November 2010

A Purpose Driven Life



Waking up every day with a reason beyond ourselves is what it means to live a purpose driven life. We all need some kind of structure and reason to keep us inspired and vital. Many people believe retirement is the ultimate dream - a time to put ones feet up, kick back and enjoy the results of years of hard work. Only to find that they are very unfulfilled and going backwards.

Perhaps the dream should be to aim to be financially independent but not actually retire - to find ones absolute passions and do them until one literally falls over. And the cherry on the top - find a way to earn from them.

Common Consciousness

Have you ever noticed when you are having a challenging day or going through a rough patch emotionally or physically that when you speak about it others are also experiencing the same?

In fact this is more often than not. And very often the patterns are the same for many people at one time. Examples would be people generally battling with illness or a type of illness or quite a few accidents happening. It could also be a pattern of fear that is common at one time.

When we understand that there is a common consciousness or way of being and that we are all inter-connected with each other and nature, it makes it easier to accept our own individual challenges. This helps us to feel consoled by the shift that is happening in ourselves but also in the consciousness of all that exists. So when you are specifically challenged find out if it is common to a number of people. And if so this usually represents a noticeable shift in consciousness at a moment in time.

And why would there need to be a shift in "way of being" or consciousness? We evolve all the time and this represents a spiritual step forward.

Hardy Ha



Do paediatricians play miniature golf on Wednesdays?

Why does a dog wag its tail? Because the dog is more intelligent than its tail. If the tail was more intelligent, it would wag the dog.

We can be right or we can be happy.

Do it Anyway

Have you ever wanted to say hello to someone but stopped yourself because you felt awkward or unconfident that day? Have you ever wanted to smile at someone but didn't in case they did not smile back? Have you ever wanted to put your point across but didn't in case it appeared trivial or silly? Have you ever wanted to tell someone you love them but didn't because the time wasn't right or you felt scared that you would expose yourself too much?

All of these actions are always about giving to someone else regardless of the outcome i.e. not being attached to the outcome. In nearly every case in the examples given above the outcome will always be highly beneficial to all parties. But we get caught up in ourselves, our fears and conditioning and so we don't take action. It is time to act and there is no time like the present.

Give someone the gift of your smile or tell them you love them - you will be amazed at how often this person just needs those words at that particular moment or that smile to lighten and brighten a dark day in their lives. And if they do not respond, keep giving your gift with the intention of just that - giving without condition.

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The Year is up Again!?



Another one has gone by and we ask ourselves the same question - where did it go?

It is time to rest and rejuvenate although so much commercial hype about this time of year actually places a lot of unnecessary pressure on everyone.

The gift giving and family time is wonderful but perhaps we should learn to be doing this throughout the year. And gifts do not have to be material. Send the wish of love, laughter and peace to someone - this carries a powerful energy.

This has been a challenging year for many as we rapidly move along the path to preparing for the 2012 period. Whatever we have experienced has been given in love no matter how tough or exciting.

So look back and evaluate but do not dwell in guilt about things not done or half done. Only this moment exists and the best we can do is try our best in this moment.

Did you know?
Polar bears are left handed.

Cu in 2011!